

COMMON SENSE in the HOME

EDITED by MARION HARLAND

Home Nursing in the Sick Room.

HAS the trained nurse, her works and ways, but an aid to competent home nursing? Sometimes it looks as if she had. I know homes in which they send for a trained nurse as they send for the doctor, and whenever any one is ill enough to require the services of a physician a nurse is engaged just as a prerequisite would be fitted.

For some reasons and in some cases the practice is excellent. I should like to think how many lives must have been sacrificed in times past by the ignorance and well-meaning blunders of the home nurse. Almost more painful to consider is the amount of needless suffering patients must have undergone through carelessness and neglect, as well as stupidity. When an old and feeble person can be tended and made comfortable by the ministrations of a trained nurse, when perhaps none of the household has the strength or the skill to render the necessary services, when a disease which demands constant watchfulness and ready initiative in emergencies—as in the case in pneumonia, typhoid, and certain other illnesses—has a man or woman in its clutches, then is the day and the hour of the trained nurse. I would be the last one in the world to belittle her value in caring for the sick, in sparing the strength and nerves of the family, in supplementing the regimen prescribed by the doctor.

At the same time I think what might be called the trained nurse habit has impaired the nursing faculty that at one time nearly every woman was supposed to possess. The knowledge that a trained nurse can be secured in a real emergency creates the feeling that it is not worth while to bestow much attention upon the details of home care of the sick. As a result, the moderately ill, the slightly sick do not receive intelligent care and the only way to be properly looked after in an indisposition is to be cared enough off to warrant hiring help to be ready for you!

What Women Should Know.

I wish I could induce every woman to cultivate the theory and practice of home nursing—so far as that covers bathing, lifting, hypodermics, even a knowledge of the details of pulse and temperature, and of all this may be—but of the things that are done with common sense and a little imagination might understand if she would take the pulse to think of them.

Let me come down to a few concrete examples. One of the first which presents itself to me is the diet of the invalid. Perhaps it is necessary that you should at some time have been ill yourself to know how the whole nature revolts against the thought of food and to understand how absolutely discouraging to anything like appetite is the luxury of the well-meaning home nurse. "What would you like to have to eat?"

You don't want anything to eat! You never want to hear of food again, or at least you think you don't. You would rather perish of inanition than to have to decide what you are to have for your lunch or your dinner or any other meal. If your nerves are much on edge you are quite likely to give utterance to some such remark as this.

Such an experience ought to have taught you to refrain from putting the inquiry to an invalid and if you lack the experience your imagination ought to take its place. Yet how many home nurses are there who do not come gaily into the sick room with some such query under circumstances when it seems an insult?

Don't Ask Their Suggestions.

So hear in mind when you are catering to the invalid that their meals without asking their suggestions and also to offer food in small quantities which will not discourage the weakened appetite.

Sturdy daintiness in the preparation and arrangement of your food. While my stomach revolted at the cold mutton and the tapioca custard I am not prepared to say that the rebellion would have been so extreme if a small portion of meat of water like thickness, garnished with green and served on a pretty plate, or a tablespoonful of the custard in a delicate saucer had been placed before me. The eyes add the appetite at that stage of convalescence and

no device should be neglected to make the food pleasing to the sight.

Strive after variety. Don't make a run on any one thing, unless the patient is positively confined to that by the doctor's orders. Even the milk which is the standby in certain diseases may have a touch of change imparted to it by being served in different glasses at different times. It is astonishing how an alteration it makes in the taste when the milk is given in a tin instead of in a clear glass, in a cup instead of in a tumbler! Childish expedients, you say? Quite true, but are we not all a little childish when we are sick?

The weakness comes a return to infantile principles and practices and we are glad to have some of the privileges as well as the care bestowed upon the young and helpless.

A theory exists that it is well to give the patient cheerful company while he or she is eating. Correct that impression, if you hold it. It may be that your patients has too good manners to tell you that the meal is better enjoyed when eaten alone, but if strict truth were forthcoming I believe that in some cases out of ten this would be the verdict. Do you enjoy your food when you are the only one eating and must do it under the eyes of one or two or more members of the family, eager to see if you are eating better today than you did yesterday? Do you like to feel that every mouthful is noticed and that your table manners may not have a vacation even when you are sick?

Which Would You Prefer?

If you were entirely honest wouldn't you rather partake of your food in solitary seclusion, when you may take the chicken or bird bone or your fingers or butter your whole slice of toast at once and bite into it with the thought that you are showing that your general table habits are only acquired and that naturally you are as careless of conventions as any one?

But all of home nursing is not confined to the commensal. Important though these medical gentlemen and by the experts of the bureau of chemistry of the United States department of agriculture that the medicinal properties of pineapple juice are really wonderful. It has been unanimously decided by these experts that while the juice of the pineapple is by no means a "cure-all" it is especially good for the digestive organs, a great benefit to sufferers from the various ramifications of what is commonly called sore throat, and it is now being used in at least one hospital home in Florida in the treatment of consumption.

From its use as an aid to the medical profession it soon became known as a delightful drink served either with or without carbonated water, as grape juice is served. The cooking experimenters and experts next took an interest in the juice, with the result that the following are a few of the recipes that have been evolved.

PINEAPPLE HAWAIIAN CREAM.

Two cups of pineapple juice, one cup of sugar, half a cup of boiling water, one and a half tablespoons of powdered gelatin, and two cups of whipped cream. Dissolve the gelatin in boiling water, then add the sugar and the pineapple juice. When cool, mix in the whipped cream. Pour into a wet mold. Turn out when set.

you carry your worries into the presence of the invalid. You dump your cares there and perhaps you go away without suspecting that what you have laid down the invalid has taken up, to ponder over, to dwell upon with anxiety, to force into a position of false importance. No sick person is entirely sane and able to look at any situation in its normal state. You come back to find that the bothers you have forgotten or ignored have held the patient's eyes waking, perhaps have raised the temperature and retarded recovery. Practice reserve with your invalid and stand like a bulwark between them and distressing or irritating information of any kind. Don't brouce in with the announcement that the cook is leaving or that Johnny has come home from school with bad marks or that the housekeeping bills this week are half as much again as they were last. Keep these thrilling bits of news until sickness has departed. They may be less annoying later on than they are now.

Don't Whisper in Room.

Another "Don't"—and I wish I could have this framed and hung in every sick room—DON'T SIT ON THE BED! Nearly every visitor to an invalid plumps down on the bed as if leaving or that she tells how busy she is and how much her work has been interrupted by illness in the family or supplies similar inspiring information. The invalid may be unfortunately well bred and make no protest, but she hates having you on that bed just the same!

Don't wake your patient in the morning with the query as to the sort of night it has been. Don't break the door and don't slam it. Don't—oh, don't—whisper in the room or talk in the hall outside the door! Don't labor under the impression that if you come into the room quietly you can bounce up and down the corridor with noisy heels and the patient will not be disturbed thereby.

Some of these details may seem little important in comparison with the more serious features of nursing, but they often have as much to do with the prompt and satisfactory recovery of a nervous patient or of one suffering from some small ailment as the ability to change a sheet without moving the invalid or to give him a drink of water without lifting his head from the pillow. These things you might also learn how to do as well as how to move a sick person handily, to shift the pillows, to arrange the covers, to ventilate the room, to shield the bed from drafts, to screen the eyes from the direct light.

I come back to my first contention; common sense and imagination are both required for proper dilution and must be served very cold.

PINEAPPLE JUICE ICE CREAM.

One pint of pineapple juice, two pints of cream, three-quarters of a pound of sugar, some whipped cream, and a few candied rose leaves. Bring one pint of the cream to the boiling point in a double boiler and add sugar. Remove from the fire and when cool add the other pint of cream and the pineapple juice. Freeze in glasses with whipped cream and sweetened cream. Leave how to do as well as how to move a sick person handily, to shift the pillows, to arrange the covers, to ventilate the room, to shield the bed from drafts, to screen the eyes from the direct light.

PINEAPPLE FRAPPE.

Do it together for a quarter of an hour one and a half pints of water and two scant cups of sugar. Pour the hot syrup over a can of grated Hawaiian pineapple, then add the strained juice of three lemons and permit to stand until cold. Strain and then add one pint of pineapple juice and one pint of ice water. Freeze to a mush.

PINEAPPLE PUNCH.

Add to the juice of three lemons one quart of sugar three quart bottle of pineapple juice and six slices of canned pineapple cut into small pieces. Serve in a punchbowl with one full quart of plain or carbonated water and a large piece of ice. This will make a little more than a gallon and will serve fifteen persons liberally. It should be permitted to stand on the ice for a few minutes.



sites in the home nurse, and will go far to take the place of the skill and knowledge of the trained nurse. Dexterity and the ability to meet an emergency should both be cultivated and you are a sensible

woman to take a course in first aid to the injured if you have not had home practice under a good nurse. You never can tell when a contingency may arise when a fellow similarly with the care of the sick room you have ever acquired.

may mean the difference between health and invalidism in some one under your care, your ability to watch and tend a case that of collecting comes purchase a dollar and a half's worth of nickels and put them in a special purse made for the purpose. When these have been used up, put 25 cents' worth of nickels in the purse at a time, with slip of paper bearing date of deposit in the purse. It takes little trouble to do this and one may know to a nickel how much is in the purse at any time. In changing a dime or quarter in the street the conductor will give nickels in exchange if requested. Try this method and avoid disputes with the collector. There is one other advantage in this—namely: that of keeping down the expense to the required amount if necessary. B. H.

Floors and Walls.

The inartistic and dust holding all-over carpets, so dear to our mothers, have no longer an advocate to redeem them from the oblivion into which they have almost entirely passed, and so completely has the cleanly and beautiful rug superseded them that it is only in hotels that the barely surviving usage is still kept up.

But while the Persian and Turkish rugs of any considerable size are often too expensive for the average home, they are having the good effect of influencing taste in the selection of lower priced ones, and have established the supremacy of rugs beyond recall.

The woman whose ambition it is always to look well dressed will pay special attention to the pressing of her garments. A linen shirtwaist or suit should be pressed after each wearing. All this waists and dresses can be worn twice as long before being laundered if they are pressed often. They are usually more soiled than soiled when put in the wash. The tailored suit needs constant pressing. Air the shirt, brush it thoroughly, and press it before hanging it in the closet. The girl who boards, unless she can afford the constant expense of a tailor's services, can buy an iron which can be heated over an alcohol lamp or gas jet, unless she is able to utilize the electric iron.

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The iron suitable for the alcohol lamp is not heavy enough to press the coat of the tailored suit, but will be perfectly satisfactory for the shirtwaists and lighter gowns. A good many girls who board make special arrangements with their landlady for the use of the electric light for their pressing and for the laundering of their daily white waists, dresses, neckwear, etc.

To press seams of cloth, no matter how heavy, do not use an ordinary ironing blanket, but get a thick fold of newspaper and use a fairly hot iron. For girls who do their own pressing this method will be found much easier than damping, as the heat of cloth often cools.

Some Economical Recipes.

"Now that butter, eggs, and milk are so high, these recipes may be a help to some one and they are both delicious:

"APPLE SAUCE CAKE (see milk, butter, or eggs).—One cup sugar, one-half cup shortening; cream together; one teaspoonful soda dissolved in warm water and strained into one cupful unsweetened apple sauce, letting it drain into the sugar and butter. Beat thoroughly; add one and three-quarters cups plain flour, one teaspoonful salt, one-half teaspoonful cloves, one teaspoonful cinnamon, one cupful raisins, a little nutmeg. Bake into a loaf cake.

Keeping House Phone Account.

"Few housewives know exactly how many nickels they have deposited in their telephones. Differences often arise between them and the collector as to the amount. They often think they are being cheated when told they are short. Every one hates to give towards the required amount and to feel the company is getting the better of

MARION HARLAND'S HELPING HAND

THE art of artistic garnishing is one that cannot be too much practiced by all cooks and bakers. It is not only one of the simplest dishes that are attractive, but when garnished in various ways, the same food looks and tastes quite differently, and the secret of good garnishing is not only to use the recognized materials that are to hand in all kitchens, but to invent and use others in their place.

Some people think that unless everything is ready, to their hand good results cannot be obtained. And yet to garnish properly is a simple thing after all, and can be done artistically with the simplest materials if only the use of them is thoroughly mastered, and the value of garnishing is that the plainest food looks attractive and far more dainty and appetizing than when it is put on the dish unadorned.

For cold dishes, green nasturtium leaves make a pleasant garnish from the universal garnish. With small, knothed leaves and with its veiny tips can be used with equally good effect. Nasturtium flowers can be used not only for salads but for savory cold entrees. Watercress is especially applicable for broiled meats and game, while pickles of all kinds have every kind of possibility in them. Olives and pineapples can be used with anything but sweets. Pickled cauliflower, well washed, so attractively with them, and horseradish, first pickled in brine, make a potato salad vastly attractive.

Raspberries, when the skin is still in strips and made to curl by immersion for an hour in cold water, look like tiny roses, and make a salad or meat dish twice as interesting looking as it was before. Turnips cut into shaves of all kinds, sliced, flowered, and then colored with red coloring, should be employed more than they are, as pretty effects can be got from them. Parsley chopped fine can be strewn in a pattern over salads and potatoes, and in combination with other garnishes looks well.

Flowers are too little used for ornamentation, and yet for cold and hot sweets, caramels, sweet peas, jessamine, and many kinds of small flowers look well. Many many things look especially well decorated in this way, and jellies of all kinds. Rice, cornstarch, and hominy, boiled in milk and then put into tiny molds, can also be used with good effect to garnish with, while hard cooked eggs can be used in a variety of ways almost too numerous to mention. A pretty and novel way is to cut one in rings, removing the yolk, and filling up the center with a piece of tomato, a small radish, chopped olives, or finely chopped lettuce, mixed with some of the grated yolk, or the white part can be cut into small dice and the yolks finely grated and put around them in a pattern, or the yolks might be left whole and the whites chopped finely and sprinkled over them.

Cheerful can also be cut into various shapes and used for sweets and minces, while spinach well cooked and pressed into little molds can also be used in the same way. Horseradish, instead of being served cold plain, can be well beaten up with cream and used for beef in connection with tomatoes. Thin slices of tomatoes with the seeds and put on and over the meat. Melted butter, of course, plays a prominent part in garnishing, when dropped through a bag and cut in a pattern on cold meats,

such as ham and tongue. A clever cook will copy and invent all kinds of new patterns to use, which will reflect credit not only on her artistic taste but on the food she is sending to table.

Candied fruits, pistachio nuts, walnuts, with filberts and almonds, can be used with advantage. Prunes, figs, dates, and other small fruits make a capital garnishing for certain dishes. But enough has been said to show that even with few materials at hand much can be done successfully in this way.

Quaint Work Bag.

Quaint doll workbags are now popular. These have the ordinary round bottom of pasteboard, to which the bag is sewed in the usual way.

Pastened to one side of the top, so as not to interfere with the drawing string, is the head of a doll, dressed in a big bonnet and neckpiece made of the material of the bag.

When finished the bag looks like a maiden of civil war times; sometimes narrow pink ruffles are added to the outside of the bag to increase the resemblance.

Choose a dark, old fashioned like India print and make the bonnet in poke shape, with long pointed lappets around the neck and falling half way down the back. A similar bag could be made from a gray havana hankiechief with turbaned head of a black doll. Put a kerchief around the neck; at one side of the bag might be a checked apron.

Meat Pie Recipe.

"GRANDMOTHER'S ENGLISH MEAT PIE.—Two pounds of round steak, one-quarter of a pound of fresh pork, one small onion, one-half small bay leaf, two whole cloves, one teaspoon of tomato catsup, one-quarter teaspoon of Worcestershire, and one quart of cold water sauce.

Put all the ingredients in saucepan, covering with the cold water. Cook slowly for one and a-half hours, then flavor with salt and pepper to taste. Don't salt until stew is finished, as it toughens the meat. Now put this in a shallow baking pan, which has been buttered lightly on bottom and lined on the sides with a good baking powder biscuits dough. Place small inverted jelly-glass in center of baking dish. This will be baking take a considerable amount of the juice under it, making pie juicy, won't run out in baking. Cover top with the biscuit crust and bake in hot oven twenty minutes. Serve hot, first removing glass so juice can flow all over.

BISCUIT CRUST.

One pint of flour, one-third of a cup of lard, one teaspoon of baking powder, a pinch of salt, and milk to make soft dough. Roll out.

FAMILY MEALS FOR A WEEK

Special soups (if left over): Drop cake muffins. Apple sauce and cream. Cookies. Tea.

SUNDAY.
BREAKFAST.
Grape fruit, Cereal and cream, Deviled kidneys, Quick muffins, Tea, coffee.

LUNCHEON.
Jellied ham loaf, Baked sweet potatoes, This bread and butter, Apple sauce cookies, Tea.

DINNER.
Mutton breast with barley, Roast chicken, Creamed oyster plant, Tapioca custard, Omelette, Coffee.

MONDAY.
BREAKFAST.
Oranges, Creamed wheat and cream, Bacon, Dropped eggs, Tea, and coffee.

LUNCHEON.
Cold chicken, Fried ham, Quick biscuit, Tea, Crackers.

DINNER.
Chicken soup, Ham, Omelette with fried mushrooms, Creamed spinach, Omelette, Coffee.

TUESDAY.
BREAKFAST.
Oranges, Cereal and cream, Fried apple and bacon, Fried milk, Toast, Tea and coffee.

LUNCHEON.
Fried apple and bacon, Fried milk, Toast, Tea and coffee.

DINNER.
Chicken soup, Ham, Omelette with fried mushrooms, Creamed spinach, Omelette, Coffee.

DINNER.
Tea and tomato soup (if left over), Roast lamb with mint sauce, Baked potatoes, Green peas (canned), Rice pudding, Coffee.

FRIDAY.
BREAKFAST.
Oranges, Cereal and cream, Bacon and boiled eggs, Tapioca, Toast, Tea, and coffee.

LUNCHEON.
Fried butter fish, Baked potatoes, Pot souffle (if left over), Cream cheese and Boston brown bread sandwiches, Omelette, Tea.

DINNER.
Cream of potato soup, Baked chicken, Baked omelette with white sauce, Potatoes mashed and browned, Omelette, Coffee.

SATURDAY.
BREAKFAST.
Apple sauce, Fried milk and cream, Omelette and cream, Griddle cake, Toast, Tea and coffee.

LUNCHEON.
Creamed lettuce baked in soup (if left over), Omelette souffle (if left over), Potato cake (a left over), Lemon tart, Omelette, Coffee.

DINNER.
Roast beef, Baked omelette with white sauce, Potatoes mashed and browned, Omelette, Coffee.

SUNDAY.
BREAKFAST.
Oranges, Cereal and cream, Fried apple and bacon, Fried milk, Toast, Tea and coffee.

LUNCHEON.
Cold chicken, Fried ham, Quick biscuit, Tea, Crackers.

DINNER.
Chicken soup, Ham, Omelette with fried mushrooms, Creamed spinach, Omelette, Coffee.

DINNER.
Tea and tomato soup (if left over), Roast lamb with mint sauce, Baked potatoes, Green peas (canned), Rice pudding, Coffee.

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Oranges, Cereal and cream, Bacon and boiled eggs, Tapioca, Toast, Tea, and coffee.

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Apple sauce, Fried milk and cream, Omelette and cream, Griddle cake, Toast, Tea and coffee.

LUNCHEON.
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